

HOW TO TREAT BURNS



To treat minor burns, follow these steps:

- **Cool the burn.** Hold the burned area under cool (not cold) running water or apply a cool, wet compress until the pain eases. Don't use ice. Putting ice directly on a burn can cause further damage to the tissue.
- **Remove rings or other tight items.** Try to do this quickly and gently, before the burned area swells.
- **Don't break blisters.** Fluid-filled blisters protect against infection. If a blister breaks, clean the area with water (mild soap is optional). Apply an antibiotic ointment. But if a rash appears, stop using the ointment.
- **Apply lotion.** Once a burn is completely cooled, apply a lotion, such as one that contains aloe vera or a moisturizer. This helps prevent drying and provides relief.
- **Bandage the burn.** Cover the burn with a sterile gauze bandage (not fluffy cotton). Wrap it loosely to avoid putting pressure on burned skin. Bandaging keeps air off the area, reduces pain and protects blistered skin.